

For the foregoing reasons, favorable reconsideration of amended claim 1 is respectfully requested.

Respectfully,

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1. In a self-administered back massage applied to an individual by leaning contact against a semi-spherical configured massaging device, an improvement consisting of a method of facilitating establishing said leaning contact between said massaging device and a selected back area of said individual comprising the steps of:

- A. using as a positioning site for a back massage a door frame having two opposite side walls bounding therebetween a vertical plane of a doorway opening;
- B. positioning said massaging device in straddling a transverse relation to a vertically oriented rectangular strip disposed flat [along a] against one said side along a wall of said door frame normally serving as a stop for a pivotal traverse of a door mounted in said doorway opening plane; [and]
- C. instructing an individual to assume a position in said plane of said doorway opening preparatory to establishing [in] leaning engagement against said positioned massaging device; and
- D. instructing said individual to supplement said established leaning engagement by pushing against the other of said side wall of said door frame to cause movement of the individual in the direction of said massaging device.

whereby bodily movements while maintaining said engagement provides a self-administered back massage.

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The present invention relates generally to a massaging device and, more particularly, to the use of a massaging device for the self-administration of a massage to a difficult to reach back areas.

Background of the Invention

1. Field of the invention

Subluxations of the vertebrae in diverse regions are known to be associated with or occur concomitantly with headaches, neck pain, neck muscle spasms, upper, mid and lower back pain to mention but a few cause and effect circumstances, and understandably has given rise to scientific chiropractic care because of the effectiveness of spinal/structural adjustments of the human body in promoting health where other methods have failed. A masseuse-administered massage is a popular practice. So also is a self-administered massage which is the particular focus of the mode of use of the massaging device of the invention.

An ability to self-administer a massage is already well known in the patented literature. It, of necessity, requires providing a support for a massaging device and thus allowing the user to make massaging contact with the supported device. Examples of supported massaging devices for self-administered massages are U.S. Patents 4,520,798 for "Self Acupressure Method" issued to Lewis on June 4, 1985 and 5,174,282 for "Massage Apparatus" issued to Bieggi on December 29, 1992, to mention but a few. In the '798 Lewis patent, the massaging device is supported on a wall by brackets interconnected between the wall and the massaging device wherein the brackets are embodied with joints providing degrees of movement to facilitate the positioning of a massaging surface relative to selected back areas of the user receiving the massage.

In the '282 Bieggi patent, the setup is greatly simplified by the suspension of the massaging device from the top edge of a door and the user undergoing body movements while pressing against the suspended massaging device.

While the simplification of the support provided by Bieggi to that of Lewis is noteworthy, it is not entirely satisfactory because the bodily movements of the user, particularly laterally of the massaging surface, urges the device in corresponding lateral movement and when this occurs there is diminished relative movement at the interface of the user's back and the massaging surface and relative movement is, of course, determinative of the effectiveness of the massage being administered.

Summary of the Invention

Broadly, it is an object of the present invention to provide a supported massaging device contributing to an effective self-administered massage overcoming the foregoing and other shortcomings of the prior art.

More particularly, it is an object to operatively position a massaging device for use in an open doorway and maintain this position stationary during massaging use by using to advantage the leaning pressure applied by the user against the massaging surface, so that maximum relative movement at the critical surface interface of the user and the massage-applying surface occurs, to corresponding maximize the massaging benefit, all as will be better understood as the description proceeds.

Brief Description of the Drawing

The description of the invention which follows, together with the accompanying drawings should not be construed as limiting the invention to the example shown and described,

because those skilled in the art to which this invention appertains will be able to devise other forms thereof within the ambit of the appended claims.

Fig. 1 is a side elevational view of a massaging device according to the present invention ~~in use in a doorway~~ in its operative position on a doorway doorstep and held in place by the leaning weight of a user;

Figs. 2, 3 and 4 are views similar to Fig. 1, in which the doorway is simplified in a phantom perspective, and the figures illustrate modes of use;

Fig. 5 is a plan view in cross section taken along line 5-5 of Fig. 1 which illustrates a typical construction of a doorway and of the doorstep thereof;

Figs. 6, 7 and 8 are isolated views of the massaging device used in Figs. 1-4, in which Fig. 6 is a side elevational view, Fig. 7 is a front view and Fig. 8 a rear view; and

Fig. 9 is a partial cross sectional view projected from Fig. 5 and as seen along line 9-9 of Fig. 8.

Description of the Preferred Embodiment

Back massaging devices are already well known as exemplified by the prior patents previously noted and are of various constructions. However, not known and underlying the present invention, is the recognition that an open doorway 10 having a vertically oriented doorstep 12 can advantageously be used as the site 14 of the massage, and the massaging device 16 held in place on the doorstep 12 at a desired elevation 18 coinciding with the region 20 of the back of the user 22 receiving the massage and, most significant, wherein the massaging device is held in place at said elevation 18 by the force 24 applied by the leaning in the direction of the force by the user against the massaging device 16. That is, the massaging device 16 appropriately constructed as will be subsequently described to have a back-massaging function,

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A. ^{positioning} using as a site for a back massage a door frame having ^{two opposite side} walls bounding ^{therebetween} a vertical plane ^{opening} of a doorway;

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C. instructing an individual to assume a position in said doorway ^{opening receptacle to establishing} [in] leaning engagement against said positioned massaging device; ^{plane of said} and

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[Examples of the Prior Art]
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